

October 2013

Filipino-American History Month / 18 Oct, 1200-1400

National Hispanic Heritage Month



Birthstone: Tourmaline, Opal

Flower: Calendula

Astrological Signs: Libra/Scorpio

**BREAST CANCER
AWARENESS
MONTH**



Sun	Mon	screamfree PARENTING	Wed	Thu	Fri	Sat
		1. Playgroup 1000-1130 <u>Sponsor Training 10-1030</u> <u>Smooth Move 1230-1500</u> Scream Free Parenting 1600-1800	2 Spouses Sponsoring Spouses 1300-1400 First Termer Briefing 0930-1100	3 Infant Massage 1400 Play Group 1030-1130 AIS Early Release 1400	4 AIS Closed	5 Labor, Birth & Beyond 10-1600
6 	7 AWMGK Halloween Bingo 1830 <u>Point & Shoot</u> <u>Photo Classes 1830-2030</u>	8 <u>Playgroup GAP 1000-1130</u> Resume Writing: Marketing Your Volunteer Experience 10-11 Scream Free Parenting 1600-1800	9 At Heinsberg Hospital Tour 6 pm Play Morning CYSS 10-1130 IDS Meeting 1030-1200	10  Key Spouse Trning 0930-1130 Baby Signs, 1000-1030 Play Group 1030-1130	11  4th Annual Tri-Border Breast Cancer 5K Walk/Run	12 GK IYA Day Trip Amsterdam 0800-2100 Last Park & Sell 10-1300 De Bazaar—Schinnen Fitness Ctr
13 GK Chapel Fall Fest 1200-1500	14 <u>Point & Shoot</u> <u>Photo Classes 1830-2030</u> Columbus Day	15 <u>Playgroup 10-1130</u> Medical Clinic Right Start 13-15 Scream Free Parenting 1600-1800 Home Buying 12-13	16 <u>Commander's INTRO</u> <u>0830-1500</u> PCS Brief Jr. enlisted 1130-1230 Smooth Move 1000-1130 Sponsor Trng 1400-1530	17 Culture College 0815-1630 Baby Signs 1000-1030 Play Group 1030-1130	18 Newcomers 0815-1630 <u>GK Walking Tour 9-12</u> <u>YC Halloween Trip Movie</u> <u>Park Parent's Night Out</u> <u>1830-2330</u> Filipino-American History Month 1200-1400 GK MPR Bldg. 298	19
20 	21 AIS Closed	22 AIS Closed <u>Playgroup 10-1130</u> Budget for the Holidays 11-12	23 AIS Closed Tri-Border Qtr/VOL Awards Lunch 1200 GK E-3A Club	24 AIS Closed 	25 AIS Closed Eifel Bazaar Spangdahlem 12-7pm	26  Eifel Bazaar Spangdahlem 10-7pm
27 Day Light Saving Eifel Bazaar Spangdahlem 11-4pm	28 <u>Learn to use Your DSLR Camera</u> <u>1830-2030</u>	29	30 		31 1730-1900 <u>Trunk or Treat</u> <u>Halloween</u>	 West Gate ("back") 0530-0930 1130-1900 Closed Weekends & Holidays



- GK/ • **Airman & Family Readiness Center: 458-6015**
- Schinnen • **Army Community Service: 360-7500**
- Geilenkirchen Chapel: 458-6004
- JFC Brunssum Chapel: 0031-45-526-2940
- Mental Health Clinic: 458-3378
- International Conference Center: ICC 045-526-2907

• Geilenkirchen CDC: 458-6017

• JFC Brunssum CDC: 0031-45-526-2575/3004

• IYA: 02451-63-4954/4955

• Health Promotions: 458-3386

• AFNORTH INT. School (AIS) 045-527-8263/8261MH/8251E

Tri-Border MFRC 02451-717500





The AIS Booster Club is proud to present...



CHILI COOK OFF!

Saturday
October 5th, 2013

11:30 am to 1:00 pm

AFNORTH Gym



Buy a wristband for \$5 or 4€ to sample all the chili entries and get a full bowl of your favorite chili. Wristband price includes a drink from the canteen.

People's Choice and Judge's Awards in several categories
Cash and Trophy Prizes
1st (\$100), 2nd (\$50), and 3rd (\$25)

Come support the AFNORTH Tennis, Cross-Country, Volleyball, and Football teams for Homecoming!

Deadline to enter is October 4th, 2013

Contact akmueller5@gmail.com for an entry form.

OPEN TO ALL US AND NATO ID CARD HOLDERS!

PROCEEDS BENEFIT AFNORTH HIGH SCHOOL SPORTS!

Baseball, Basketball, Cheerleading, Cross-Country, Football, Soccer, Softball, Swimming, Band, Tennis, Track & Field, Volleyball, and Wrestling ("Letters Only")



4th Annual
Tri-Border
Breast Cancer
5K Walk/Run



Friday, October 11, 2013

Location

NATO Gym Running Track

Events

1230-1330: Registration
1330: Opening Ceremony
1335: Run Begins

Registration Fee: €15

- Register with Team 5K and get a team t-shirt
- Pledge €15+ to any CFC-O of your choice. (no free start)

Funds raised by Team 5K will be donated to the CFC-O: Susan G. Komen Breast Cancer Foundation

Register to Race for a Prize!

1st Place Female and Male

- A) Under 45
- B) Over 45

Grand Prize: Fastest Runner



Race for the Cure

Sponsored By



See your squadron POC for more information!

Delany, Thomas 50g	479-48088P	Adams, Jay 50g	NATOUSCT	Rumay, Jeremy 50g	NATOCOS
Hunt, Jennifer 50g	479-48088P	Carter, Ann 50g	NATO LINA	Donatelli, Kristin 50g	NATOFINAGD
Lemanski, Kenneth 50g	479-48088P	Elmore, Nicole 50g	NATOLJBA	Smith, Andrew 50g	NATOFINAGD
Hornum, Christine 50g	479-48088P	Gray, Christopher 50g	NATOLJBA		



Day trip to
De Bazaar
Saturday 12 Oct

Sample the unique atmosphere of a bazaar featuring over 2,500 shops, selling antiques, curiosities, hip clothing, new/used computers and tropical fruits to name a few!

Exotic smells, street artists - it's a fun and fascinating display of divergent cultures.

849 Adelle
845 Ayo 0 - 12

Cash, Transportation, and entrance into De Bazaar are included in the price

Expenses of personal nature are not included



For more information please call 31(0) 46-443-7561
usarmy.schinnen.mcom-europe.list.schinnen-tp@mail.mil

2013 Trunk or Treat

Thursday 31 October
5:30 - 7 PM on Schinnen

Entry: \$3/€2 includes:
Trunk or Treat Trail
Haunted House
Children's Activities

To reserve your spot on the Trunk or Treat Trail, stop by the Schinnen Fitness Center or call
DSN 360-7561 / CIV 0031 (0)46-443-7561

Open to U.S. & NATO ID card holders and guests
Dutch guests must register at 046-443-7331

No endorsement of the sponsor, its products or services implied.

18-19 Oct

DAY OUT THOMAS

Railway station Simepeld
A day out with Thomas

Thomas is rising behind the scenes of our steam train company because Thomas and his friends have announced their arrival in the autumn holidays.

Thomas will visit us for the 12th time on Friday 18, Saturday 19 and Sunday, October 20th. Together with his friends he will have exciting adventures with all the kids visiting.

Thomas-tickets
Tickets for A Day Out With Thomas cost € 15.00 for children between 3 and 10 years. Anyone from 11 years pays € 20.00. With this card you can make train rides on our line, visit the Thomas show and participate in all activities A full-day program!

Book your tickets online through www.simepeld.nl. Tickets are also available at the Railway station of Simepeld and at the desks of the tourist offices of Plasserich, Veldenburg, Sittard, Heerlen, Epen, Gulpen, Landgraaf and Vaals.

Zuid-Limburgse Stoomtrein Maatschappij
Stationsstraat 20-22 | NL 6369 VJ | Simepeld
0031- (0)45- 544 00 18 - info@simepeld.nl

USAG Benelux-Schinnen

YOUTH CENTER HALLOWEEN TRIP TO WB MOVIE PARK

Friday, 18 October
4:00 pm to 11:00 pm
Cost: \$35.00

This event takes the place of October's "Late Friday" Party
The Youth Center will be closed during this trip.

SIGN UP NOW, SPACE IS LIMITED
Open to all eligible US and NATO Youth in Grades 6-12 registered with CYSS

Parent Central Services
DSN: 364-3121/2023
Civilian: +31 (0)45 526-3121/2023

October 22
11am-12pm
Schinnen ACS, Bldg. 39

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The Original Sign Language Program for Babies



A Baby Signs® Program

Thursday's at 10am
Starting October 2013!
12 week ongoing series
USAG Benelux-Schinnen's
Community Activity Center

Registration
Preferred!

To sign up please call:
USAG Benelux-Schinnen's
New Parent Support Program
CIV: +31 (0)46-443-7335
DSN: 360-7335



Scan to Register



Date: October 5 & October 6 Time: 10am-4pm



Labor Birth and Beyond

Register By
Thursday
September 26th!

For more information con-
tact the New Parent Support
Program:
DSN: 360-7335 or
Comm: +31(0)46-4437335



Scan to Register



screamfree PARENTING

DATES:

Tuesdays,
October 1, 8 and 15

TIME:

4:00pm-6:00pm

LOCATION: USAG BENELUX-
SCHINNEN
Army Community Services, Bldg. 39

For More Information Call:
DSN: 360-7453/7500
or CIV: +31 (0) 46-443-7453/7500



Scan to Register



Scan to Register

LEARN TO USE YOUR DSLR CAMERA

Instructor: Dan Arnold



OCT 28, NOV 4,
NOV 18, NOV 25
Register by: OCT 18
1830-2030
OK NATO BASE
COST: €35

Open to Canadian Tri-Community Members and all NATO ID Card Holders
ages 12 and older. Maximum 20 participants register early!

After this 4 session course you will never use your automatic camera settings
again! Learn more about your DSLR camera settings such as focus modes, metering
modes, ISO, shutter speeds, aperture settings, and flash settings. Receive practical
advice and feedback on achieving special effects for your photographs.

For more information contact the Tri-Community WRC:
443 02301 (T) 500 or civ: 46-443-02301
Please register with payment at the Tri-Community WRC.
The Security Room is located in the Security Annex at G1 Main Base.
Find us at: www.militarybase.nl



POINT & SHOOT DIGITAL PHOTOGRAPHY CLASSES

Instructor: Dan Arnold

OCTOBER 7 & 14
Register by Oct. 4
1830-2030
OK NATO BASE
COST: €35



Photograph by Dan Arnold

Discover the potential of your point and shoot camera. Learn how
to use the settings while learning basic digital photography
techniques to include composition, timing, and lighting methods.

Open to Canadian Tri-Community Members and all NATO ID Card Holders
ages 12 and older. Maximum 20 participants register early!



For more information contact the Tri-Community WRC:
443 02301 (T) 500 or civ: 46-443-02301
Please register with payment at the Tri-Community WRC.
The Security Room is located in the Security Annex at G1 Main Base.
Find us at: www.militarybase.nl



screamfree MARRIAGE

Tuesdays, Nov 5, 12, & 19
Time: 4:00-6:00pm
Schinnen ACS, Bldg. 39

Three-part workshop offering the opportunity to
challenge your notions about what marriage
should be.

For more information or to register call ACS

DSN: 360-7500/7453
or CIV +31 (0) 46-443-7500/7453



© 2013 ACS





November 2013

Birthstone: Topaz, Citrine
Flower: Chrysanthemum



National Native American Indian & Alaska Native Heritage Month

Astrological Signs: Scorpio: October 23 - November 21, Sagittarius: November 22 - December 21

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CYSS CLOSED Hearts Apart 1400-1500, AIS All Saints' Day	2
3  	4 TAP 8-1600 <u>Learn to use Your DSLR Camera 1830-2030</u>	5 TAP 8-1600 <u>Playgroup 1000-1130</u> Scream Free Marriage, 1600-1800 ACS TAP 0900-1600	6 TAP 8-1600 At Heinsberg Hospital Tour 6 pm First Term Briefing 0930-1100 ACS TAP 0900-1600	7 TAP 8-1600 Baby Signs, 1000-1030 Play Group, 1030-1130 Infant Massage 1400 ACS TAP 0900-1600	8 TAP 8-1600	9
10	11 Veterans Day	12 Sponsor Trng 10-1030 <u>Playgroup GAP 1000-1130</u> Scream Free Marriage, 1600-1800 Smooth Move 1230-1500 TLC: Principles for Healthy Relationships & Marriage 11-12	13 Commander's INTRO 0830-1500 Benelux AFAP Conference, 0830-1700, Brussels ACS	14 Baby Signs, 1000-1030 Play Group, 1030-1130	15 GK Walking Tour 9-12 Parent's Night Out 1830-2330 Late Night YC 1800	16
17 	18 Heart Link 0900-1500 <u>Learn to use Your DSLR Camera 1830-2030</u>	19 Playgroup 1000-1130 Financial Planning for Transition 0900-1200 Scream Free Marriage, 1600-1800 AIS Early Release 1225	20 Smooth Move 1000-1130 Sponsor Trng 1400-1530 PCS Brief Jr. enlisted 1130-1230 AIS Early Release 1225	21 Culture College 0815-1630 Baby Signs, 1000-1030 Play Group, 1030-1130 AIS Early Release 1225	22 Newcomers 0815-1630 ACS VA Briefing	23
24	25 <u>Learn to use Your DSLR Camera 1830-2030</u>	26 <u>Playgroup GAP 1000-1130</u> Thanksgiving Day NFL Schedule 2013	27	28 Thanksgiving Baby Signs, 1000-1030 Play Group, 1030-1130	29	30



Designed by Ed Carter

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- IYA: 02451-63-4954/4955
- Health Promotions: 458-3386
- AFNORTH INT. School (AIS) 045-527-8263/8261MH/8251E
- Tri-Border MFRC 02451-717500



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Veteran's Administration (VA) Benefits Briefings

A great opportunity for Soldiers, Airmen, Sailors, Retired and Family Members to find out the latest on VA policies, and get answers from the people who know.

29 January, 11 April, 25 July, 22 October

VA briefing 8:30 am—12:30 pm

DTAP briefing 1:30—3:30 pm

USAG Benelux-Schinnen ACS Conference Room, Bldg 39

TAP (Transition Assistance Program)

3 Day Workshop

12-14 March, 11-13 June, 27-29 August, 5-7 November

9 am—4 pm, USAG Benelux-Schinnen ACS Conference Room, Bldg 39

In the TAP workshop, learn the skills needed to locate and get a great job by studying effective job search, resume writing, and interviewing techniques. Get valuable information on jobs in both the government and private sectors.

To register or for more information, please contact your USAG Benelux-Schinnen Representative at:

DSN 360-7269/7500 or CIV 046-443-7269/7500

Email: ACS-Schinnen@eur.army.mil



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Schinnen FMWR Trips & Tours

Day trip to Paris

Sat 23 November

\$75

VISA MasterCard

For more information call the Schinnen Fitness Center
DSN 360-7561 / Com 046-443-7561
usarmy.schinnen.mcom-europe.list.schinnen-fc@mail.mil



London Express

Hop aboard our luxury motorcoach for an exciting day trip to London

**Saturday
Dec 14**

\$89

Trip open to US/ NATO ID card holders and their guests

For more information call the Schinnen Fitness Center

DSN 360-7561 or 31 (0)46-443-7561

usarmy.schinnen.mcom-europe.list.schinnen-fc@mail.mil



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Every Month

GK In-processing VAT Office, Finance Office, and Housing at the NSU Conference Rm from 0900-1200 every Thursday!

Smooth Move (GK) A&FRC

A Smooth Move workshop will be held on the first Tuesday of the month, 1230 – 1500, at the GK A&FRC. Experts will be on hand from Legal, Housing, TMO, Medical Clinic, Post Office and the A&FRC to answer your questions about the relocation process. There have been many changes to the moving process in recent years. Many resources are now online to assist you. Please RSVP to 0049-(0)2451-63-3791 or DSN 458-6015.

Sponsorship Training (GK) A&FRC

Learn helpful ideas on what you can do to assist the person or family you are sponsoring. You'll receive the latest information for your newcomer on a CD; ready for you to mail. **Sponsorship Application & Training (eSAT)** is the new standard available at Military One Source. You can complete local conditions and pick up the CD for mailing to your newcomer. On first Tuesday of the month from 1000-1100. Local conditions training takes less than an hour when you present a training certification from eSAT. Contact GK A&FRC at 0049-(0)2451-63-3791 or DSN 458-6015 for more information.

Welcome Event (GK) Commander's INTRO A&FRC

A must for newly arrived personnel! Family members are highly encouraged to attend this daylong seminar to learn more about German culture, setting up your household and places to visit. Join us 0800-1530 on the third Wednesday of the month. Call 0049-(0)2451-63-3791 or DSN 458-6015 to sign up.

Geilenkirchen City Walking Orientation (GK)

Join us 0900 - 1200 on the third Friday of the month/week of CC Intro, for a walking tour of Geilenkirchen introducing new personnel and their family members to the local area, train and bus stations, grocery store, restaurant, etc. Visit the Friday market and receive a free beverage at a local café. Sign up at the GK A&FRC or call 0049-(0)2451-63-3791 or DSN 458-6015 for more info.

Hot Lunch Specials at Schinnen's Pin Point Café

Featured lunch specials are Chinese on Tuesday, Soup on Wednesday, Taco Salad on Thursday and Fish on Friday. The Pin Point Cafe in the Schinnen Bowling Center is open 11 a.m. to 2 p.m. on Tuesday; 11 a.m. to 2 p.m. and 5 to 8 p.m. Wednesday through Friday; 11 a.m. to 8 p.m. Saturday; 11 a.m. to 4 p.m. Sunday. Call 0031-(0)46-443-7527 or DSN 360-7207.

Smooth Move Pre-Departure Services –ACS

Wondering how to plan for your PCS move? Who you should notify and what kind of expenses to expect? Your answers are waiting with Relocation Readiness training at Schinnen ACS from 10 to 11:30 a.m. every third Wednesday of the month. Call 31(0)46-443-7500 or DSN 360-7500

Schinnen Bowling Center

Enjoy 12-lanes of bowling, delicious food at the Pin Point Café, a children's play center and an adult recreation room with game machines. Check out our new 42" flat screen monitors and simplified scoring system. If you're looking for a great way to entertain a group of children, ask about our new Theme Bowling Packages. Remember, Sundays are Family Days from 11 a.m. to 4 p.m. when you bowl for only \$1 a game. For details about any of our activities, call 31(0)46-443-7207 or DSN 360-7207.

Get Out and Get Fit

At the Schinnen Fitness Center you can choose from a variety of workouts right for you. Our new schedule of classes is as follows: Tuesday, Body Pump 10 to 11 a.m. and Circuit Training 5:15 to 6:15 p.m.; Wednesday, Zumba 5:30 to 6:30 p.m.; Thursday, Circuit Training 9 to 10 a.m. and Spinning 11:30 a.m. to 12:15 p.m.; Fridays, Circuit Training 1 to 2 p.m. (for three or more by request only). Drop by for pickup basketball games 5 to 7:30 p.m. Fridays and noon to 2:30 p.m. Sundays. Racquetball lessons are available upon request. Center hours are 6 a.m. to 7 p.m. Mon through Fri; 9 a.m. to 5 p.m. Sat, Sun and American holidays. Please call 31(0)46-443-7561.



Designed by Ed Carter

TRI-BORDER COMMUNITY CALENDAR



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